



Lights Out: Sleep, Sugar, and Survival

T. S. Wiley, Bent Formby

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When it comes to obesity, diabetes, heart disease, cancer, and depression, everything you believe is a lie.

With research gleaned from the National Institutes of Health, T.S. Wiley and Bent Formby deliver staggering findings: Americans really are sick from being tired. Diabetes, heart disease, cancer, and depression are rising in our population. We're literally dying for a good night's sleep.

Our lifestyle wasn't always this way. It began with the invention of the lightbulb.

When we don't get enough sleep in sync with seasonal light exposure, we fundamentally alter a balance of nature that has been programmed into our physiology since day one. This delicate biological rhythm rules the hormones and neurotransmitters that determine appetite, fertility, and mental and physical health. When we rely on artificial light to extend our day until 11 p.m., midnight, and beyond, we fool our bodies into living in a perpetual state of summer. Anticipating the scarce food supply and forced inactivity of winter, our bodies begin storing fat and slowing metabolism to sustain us through the months of hibernation and hunger that never arrive. Our own survival instinct, honed over millennia, is now killing us.

Wiley and Formby also reveal:

- That studies from our own government research prove the role of sleeplessness in diabetes, heart disease, cancer, infertility, mental illness, and premature aging
- Why the carbohydrate-rich diets recommended by many health professionals are not only ridiculously ineffective but deadly
- Why the lifesaving information that can turn things around is one of the best-kept secrets of our day.

Lights Out is one wake-up call none of us can afford to miss.

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